

## CARA SWIM TEAM

Pre-Requisite- 6-14 groups: Ability to swim one length of pool front crawl with rotary breathing and back crawl without stopping or using assistance.

Pre-Requisite 13-18 High School

Prep: Knowledge of all 4 competitive strokes and swim 400 yards freestyle with rotary breathing. Workouts will be geared towards preparing swimmers to succeed at a competitive High School level. All participants will be evaluated on the first day of practice.

CARA swimming is a recreational swim team for youth ages 6-18 who are not USS swimmers, with an emphasis placed on technique building, endurance building and FUN! Register for age group child will be on the first day of practice. Child will compete in age group of age January 1, 2015.

### Centennial Pool CARA: The Tsunamis

Practice: May 26-Jul 30, Tues & Thurs

Parent Meeting: May 28, Thurs, 6:45pm

Location: Centennial Pool, 1201 Alpine St

Meets: 6/13 at Berthoud; 6/28 at Lifetime Fitness; 7/11 at Berthoud; 8/2 at Sunset Pool- HOME

Age Group	Time	Code	Fee (res/non-res)
6-9 yrs	6:45-7:30pm	321112.1A	\$60/ \$75
8-10 yrs	6-6:45pm	321112.2A	\$60/ \$75
11-14 yrs	6-7pm	321113.1A	\$63/ \$78.75
13-18 yrs	8-9:15pm	321114.1A	\$65/ \$81.25
(HS Prep)			

### Sunset Pool CARA: The Swordfish

Practice: Jun 1-Jul 31, Mon-Fri

Parent Meeting: Jun 2, Tues, 8:35am

Location: Sunset Pool, 1900 Longs Peak Ave

Meets: 6/13 at Berthoud; 6/28 at Lifetime Fitness; 7/11 at Lifetime Fitness; 8/2 at Sunset Pool- HOME

Age Group	Time	Code	Fee (res/non-res)
6-9 yrs	8:45-9:30am	331112.1A	\$135/ \$168.75
9-12 yrs	8:30-9:30am	331113.1A	\$142/ \$177.25
10-18yrs	7:30-8:45am	331114.1A	\$146.25/\$183

### Longmont Recreation Center CARA: The Piranhas

Practice: May 27-Jul 29, Mon & Wed

Parent Meeting: Jun 1, 5pm

Location: Longmont Recreation Center, 310 Quail Rd

Meets: 6/13 at Thornton; 6/28 at Lifetime Fitness; 7/18 at Hunters Glenn; 8/2 Sunset Pool-HOME

Age Group	Time	Code	Fee
6-8 yrs	4:15-5pm	311112.1A	\$57/\$71.25
8-10yrs	5:05-5:50pm	311112.1B	\$57/\$71.25
9-14 yrs	4:15-5:15pm	311113.1A	\$60/\$75
9-14 yrs	5:55-6:55pm	311113.1B	\$60/\$75
10-16 yrs	5:20-6:20pm	311114.1A	\$60/\$75
11-18 yrs	6:25-7:40pm	311115.1A	\$61.75/\$77

## Teen Swim Lessons

### SUNSET POOL

Mon-Fri*	Time Date	Ssn 1	Ssn 2	Ssn 3	Ssn 4	Ssn 5
		6/1-6/11	6/15-6/25	6/29-7/9	7/13-7/23	7/27-8/6
	Fee	\$45/	\$45/	\$45/	\$45/	\$45/
		\$56.25	\$56.25	\$56.25	\$56.25	\$56.25

**Teen 1** 11:40AM 330851.1A 330851.2A 330851.3A 330851.4A 330851.5A

**Teen 2** 8:55AM 330852.1A 330852.2A 330852.3A 330852.4A 330852.5A

\*1st Week: Mon-Fri, 2nd Week: Mon-Thurs

Tues & Thurs	Time/Date	6/2-6/30	7/7-8/4
	Fee	\$45/	\$45/
		\$56.25	\$56.25

**Teen 1** 5:30PM 330251.1A 330251.2A

**Teen 2** 7:10PM 330252.1A 330252.2A



## American Red Cross: Adult Learn-to-Swim Classes

### Adult 1: Learning the Basics

Overcome the fear of the water and learn the basic skills to achieve a minimum level of water competency. In this course, participants strive for skill and stroke performance focusing on breath control, submerging, floating and learning the basics of front crawl and elementary backstroke.

### Adult 2: Improving Skills & Swimming Strokes

Improve foundational skills and swimming strokes to gain an overall level of comfort in the water. In this course, participants work on increasing technique and endurance in front crawl and elementary backstroke, while breast-stroke and back crawl will be introduced.

All Classes are 45 minutes long and both Adult Swim classes can be tailored to goals of the participants. 18 & up

### SUNSET POOL

Tues & Thurs	Time/Date	6/2-6/30	7/7-8/4
	Fee	\$47.25/\$59	\$47.25/\$59
<b>Adult 1</b>	5:30 PM	330261.1A	330261.2A
<b>Adult 2</b>	6:20 PM	330262.1A	330232.2A

### CENTENNIAL POOL

Saturdays	Fee	\$26.25/\$33	\$26.25/\$33
	Time/Date	6/6-7/11*	7/18-8/15
<b>Adult 1</b>	10:00 AM	320661.1A	320661.2A
<b>Adult 2</b>	10:30 AM	320662.1A	320662.2A
Sundays	Time/Date	6/7-7/5	7/12-8/9
<b>Adult 1</b>	4:25 PM	320761.1A	320761.2A

\*NO CLASS July 4

### LONGMONT RECREATION CENTER

Sundays	Time/Date	5/31-7/5	7/12-8/9
	Fee	\$31.50/\$39.25	\$26.25/\$33
<b>Adult 1</b>	8:30 AM	310761.1A	310761.2A
<b>Adult 2</b>	9:20 AM	310762.1A	310762.2A

## NEW for Summer 2015!

### Teen 1: Learning the Basics

Teen 1 focuses on teaching teens the basic techniques of floating, water safety and stroke development. This class offers teens an environment where they can feel comfortable learning beginner to intermediate swim techniques.

### Teen 2: Endurance and Stroke Enhancement

Teen 2 focuses on providing workouts for teen swimmers who need more than just lessons. During their workouts the instructor will include technique based drills to enhance their strokes and improve proficiency in the water.

All classes are 45 minutes long and both Teen classes can be tailored to goals of the participants. Ages: 11-17

### CENTENNIAL POOL

Tues & Thurs	Time/Date	5/26-6/18	6/23-7/16	7/21-8/13
	Fee	\$40/\$50	\$40/\$50	\$40/\$50
<b>Teen 1</b>	10:40 AM	320251.1A	320251.2A	320251.3A
<b>Teen 2</b>	10:00 AM	320252.1A	320252.2A	320252.3A
	Fee	\$25/\$31.25	\$25/\$31.25	
Saturdays	Time/Date	6/6-7/11*	7/18-8/15	
<b>Teen 2</b>	10:50 AM	320652.1A	320652.2A	
Sundays	Time/Date	6/7-7/5	7/12-8/9	
<b>Teen 1</b>	3:35 PM	330751.1A	320751.2A	
<b>Teen 2</b>	2:45 PM	330752.1A	320752.2A	

\*NO CLASS July 4